

gFT Pro-Fit Nutrition 90-Day Accountability Challenge

Embark on a transformative journey to optimal health and vitality with our gFT Pro-Fit Nutrition 90-Day Accountability Challenge. Designed to help you achieve your best self, this program offers a comprehensive approach to nutrition and accountability that guarantees results.

With our 3-phase nutritional strategy, you'll learn how to fuel your body effectively and efficiently, starting with calorie management and progressing to macro-optimization. Weekly weigh-ins and measurements ensure that you stay on track and see tangible progress throughout the program.

Plus, our custom app provides you with all the tools you need to log your meals, track your macros, and stay connected with your coach.

But the real magic happens in our 2x weekly client coaching strategy sessions. These personalized sessions offer invaluable support, guidance, and motivation to keep you focused and accountable.

Whether you're looking to shed pounds, improve your health, or simply feel your best, our gFT Pro-Fit Nutrition program is your ticket to success.

Don't wait another day to invest in your health and well-being. Sign up now and join the countless others who have experienced life-changing results with gFT Pro-Fit Nutrition. Your future self will thank you!

When: NOW – *Your best version is waiting!*

What: gFT Pro-Fit Nutrition 90-Day Accountability Challenge

- Choose Your Type of Plan / Macro Targets Calculated / Solutions Provided
- 2x's Weekly Client Coaching Strategy Session
- Daily Communications through Text or Messenger
- Comes with branded app with calendar, reminders, & food logging app)
- Comes with 7 days of 3 meals/day recipe video's + 100's MORE RECIPES!

3-Phase Nutritional Strategy

- **Phase-1** 30-Days (Days 1-30) - Get your Calories!
- **Phase-2** 30-Days (Days 31-60) - Dial in Your Macros!
- **Phase-3** 30-Days (Days 61-90) - Get Ready for Spring!
- **Weekly Weighing & Measuring – Mandatory***

Where: Online Coaching

How: Sign Up! → <https://bit.ly/gFTProFit-DiscoveryCall>

Expectations:

1 - Once You Sign up NO backing out, you will be responsible for all 3 Months

THIS IS PART OF THE ACCOUNTABILITY

2 - You MUST attend all monthly Client Coach Strategy Sessions YOUR Accountability Meetings

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3 - You MUST log your foods daily, and have all numbers available for Strategy Sessions

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4 - You WILL report your daily macros to the custom app provided

THIS IS PART OF THE ACCOUNTABILITY

5 - **YOU WILL SEE AMAZING RESULTS**

THIS PART IS FROM THE ACCOUNTABILITY

Unlock your full potential and transform your life with gFT Pro-Fit Nutrition. Sign up now and take the first step towards a healthier, happier you!

Imagine 20-40 pounds lighter?!!!